Las Virgenes Schools

Healthy Grain Snack Ideas

Whole-grain crackers with cheese or peanut butter

Whole-grain cereal with milk

Flavored Rice Cakes with peanut butter
(like caramel or apple cinnamon)

Baked potato chips, or tortilla chips with salsa

Popcorn - air popped or low-fat microwave

Pretzel sticks and a glass of milk

Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bar or raisins, and a glass of milk